

Nitroglycerin Sublingual Tablets

Important Reminder About the Tablets

Sublingual means “under the tongue.” When taking a sublingual nitroglycerin tablet, always place it under your tongue and let it dissolve. **Never chew, crush, or swallow the tablet.**

When You Need To Take Nitroglycerin Tablet(s)

The following are signs or symptoms that you need to take nitroglycerin tablet(s):

- chest pain, tightness or pressure for more than a few minutes
- pain or discomfort in other areas of your upper body, such as arms, back, neck, jaw, midchest, shoulders, elbows or fingers
- unexplained nausea or heartburn.

Angina (chest pain) symptoms you have had in the past:

- shortness of breath, lightheadedness, unusual fatigue (tiredness) or breaking out in a cold sweat.

How To Take Nitroglycerin Tablet(s)

If you feel symptoms of angina (as listed above), follow these steps unless your health care provider has given you other instructions:

- Take one nitroglycerin tablet. Sit for 5 minutes.
- If the angina goes away, rest for a while, then continue your normal routine.

- **If the angina does not go away or gets worse, call 911 right away. Do not delay. Do not drive yourself to a hospital emergency room or urgent care.**

If you become dizzy or feel faint while sitting during an episode of chest pain, take several deep breaths and lie down with your feet or legs raised.

After using a dose of nitroglycerin you may get a headache that lasts for a short time — this is a common side effect. If this continues, or if the headaches are severe, check with your doctor.

How To Store Nitroglycerin Tablets

Always store nitroglycerin properly in order for it to keep its strength.

- Keep nitroglycerin tablets in the original amber-colored glass bottle in a cool, dark, dry place.
- It is important to replace your nitroglycerin tablets 6 months after the bottle is opened — even if there are still some tablets left. Nitroglycerin tablets that are more than 6 months old may not help you.
- Never place other medicines, even over-the-counter medicines, in the same container with the nitroglycerin tablets.